

# DINNERLY



## Pan-Fried Pork Steaks and Craisin Relish

with Green Bean Couscous



25 minutes



2 Servings

Give midweek dinner a makeover. Slather pork loin steaks with a sweet Craisin relish and serve with couscous and almonds.



## WHAT WE SEND

- 150g green beans
- 5g mint and rosemary seasoning <sup>6,17</sup>
- 2 pork loin steaks
- 30g Craisins
- 20g slivered almonds <sup>15</sup>
- 150g couscous <sup>1</sup>

## WHAT YOU NEED

- 1 tbs olive oil
- 1 tbs red wine vinegar <sup>17</sup>
- 2 tsp sugar
- 20g butter <sup>7</sup>
- 180ml ( $\frac{3}{4}$  cup) boiling water

## TOOLS

- small saucepan
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 785kcal, Fat 32.5g, Carbs 70.6g, Proteins 47.4g



### 1. Prep ingredients

Trim the **beans** and halve crosswise. Put the **mint and rosemary seasoning** and **2 tsp olive oil** in a large bowl, season with **salt and pepper** and stir to combine. Add the **pork** and turn to coat.



### 2. Make relish

Put the **Craisins**, **1 tbs red wine vinegar**, **2 tsp sugar** and **80ml ( $\frac{1}{2}$  cup) water** in a small saucepan over medium-high heat. Bring to the boil, then reduce the heat to medium and cook for 7-8 mins until slightly thickened. Remove the pan from the heat.



### 3. Toast almonds

Meanwhile, put the **almonds** in a cold medium deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Return the pan to medium-high heat. Cook the **pork** for 4 mins each side or until browned and cooked through (see Kitchen 101). Remove from the pan and rest for 4 mins.



### 4. Make couscous

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **beans**, stirring, for 3 mins or until tender but still with crunch. Remove the pan from the heat. Add the **couscous**, **20g butter** and **180ml ( $\frac{3}{4}$  cup) boiling water** to the beans in the pan, cover with a lid and stand for 5 mins. Fluff with a fork.



### 5. Serve up

Divide the **pork** and **couscous** among plates. Spoon over the **relish**, then scatter over the **almonds** and enjoy!



### 6. Kitchen 101

Cook the steaks just until they're blush pink in the centre, to ensure the meat is tender and juicy.